

Central Aquatic Center

Weight Room Rules

1. Follow Equipment Use Guidelines
 - Do Not Use Equipment Without Knowledge Or Instruction On Proper Use
2. No One **Under 16 Years Old** Allowed In The Weight Room
3. Weight Room Users Must Have A Pass With Them At All Times
 - All Weight Room Users Must Fill Out Medical History Form & County Waiver
4. No Food Or Drink Allowed – Except Water Bottles and Sports Drinks
5. 30 Minute Limit on Cardio Equipment When Others Are Waiting
 - Additional Cardio Machines Are Available In The Balcony
6. Wipe Down Equipment After Each Use
 - Bring A Work Out Towel Each Visit
7. Radios Must Have Head-Sets
8. Patrons Using Free Weights Must Have A Spotter
9. Replace Equipment After Use
 - Put Dumbbells Back On Rack
 - Take Plates Off Olympic Bar and Smith Machine
10. Collars Must Be Used When Using Free Weights (Barbell, Smith, Curl Bar)
11. Be Courteous – Allow Others To Rotate In Between Sets When Possible
12. Proper Work Out Clothing Required (Tennis shoes and T-shirts)
 - Wet Bathing Suits Are NOT Allowed While Working Out
13. Any Misuse Of The Facility Or Equipment Can Result In Forfeiture Of Weight Room Privileges